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A new challenge : Model of positive health and clinical psychology

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Abstract

The main aim of this paper is to present a new model and approach in Health and Clinical practice – Applied Positive Psychology. Through discussion about the roots of Positive Psychology and interest in what is good about humans and their lives and in optimal human functioning we will try to introduce a new model of Positive Health and Clinical Psychology. From Aristotle’s treatises on eudemonia, through Aquinas’ writings about virtue during the Renaissance, to the inquires of modern psychology-whether in the guise of humanistic psychology or positive psychology-interest in the human potential for fulfillment has always existed. Applied positive psychology is the application of positive psychology research to the facilitation of optimal functioning. According to Maddux (2002) , a ***clinical psychology*** that is grounded not in the illness ideology but in a positive psychology ideology rejects:

- The categorization and pathologization of humans and human experience ;
- The assumption that so-called mental health disorder exist in individuals rather than in the relationships between the individual and other individuals and the culture at large;
- The notion that understanding what is worst and weakest about us is more important than understanding what is best and bravest .

In the frame of **health psychology** , we have focused on only a few of the rich and varied examples of how insights from positive psychology provide both a scientific understanding of health, illness, and their determinants and course, as well as a theoretical basis for clinical intervention and practice. Numerous issues and examples as : health behavior, social support, psychological control, adjustment to illness, and psychological cofactors in the course of illness , are actively being pursued by health psychologist. As such, the bridges between positive psychology and health psychology are manifold, robust, and extremely fruitful.

A review of **psychotherapy** effectiveness research suggested that positive psychology may already be a critical and implicit (though unnamed and untrained) component of effective therapy as it is done now (Seligman & Peterson 2004).

Positive psychology has been a highly generative initiative, both in its implications for basic theory and laboratory research and in its implications for practice. These are research questions of profound value, since they offer insights into the fundamentals of human nature as viewed from a positive psychological perspective.

Key words: **positive psychology; clinical psychology; health psychology; psychotherapy.**